

Weekly Meetings

monday Men's All Recovery Meeting **6-7pm**
Harm Reduction Works (online only) **6-7pm**
Alcoholics Anonymous **8-9pm**

tuesday Tai Chi - Moving Meditation **5-6pm**
Free Community Yoga Class **6:30-7:30pm**
Family & Friends SMART Meeting **6-7pm**

wednesday Al-Anon **12-1pm**
Young People's All Recovery Meeting **5-6pm**
LifeRing Secular Recovery **6:30-7:30pm**
Mindfulness Meditation **8-9pm**

thursday Tai Chi - Moving Meditation **5-6pm**
Grief Support Group **6:30-7:30pm**
Medication Assisted Recovery Anonymous **8-9pm**

friday SMART Recovery **6:30-7:30pm**
Alcoholics Anonymous **8-9pm**

Virtual Options

Zoom meetings are available at linktr.ee/recoveronline



"Once you choose hope,
anything's possible."
- Christopher Reeves



VOICES
of **HOPE**

CALENDAR
FEBRUARY 2021